

## How to Get in Touch.

We support adults who are victims of **intimate image abuse** and threat.



**Intimate image abuse** is when someone takes or shares private sexual photos or videos of you without **consent**.

**Consent** is being asked if you agree to something. This means saying yes or no.



Intimate means personal and private.



The Helpline can give advice and support to a victim of **intimate image abuse**.



You can contact us by:

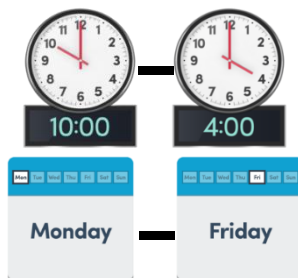
- phoning
- emailing
- sending a 'whisper' report if you don't want to share your personal information



Please only use one of these ways to contact us and we will get back to you.



We only support people over the age of 18 living in the United Kingdom.



The Helpline is open from **10 am to 4 pm**, from **Monday to Friday**.

It is not open on bank holidays.

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We will ask you to tell us a bit about what has happened.

Questions we might ask:



- is someone threatening to share your photos or videos?
- can you send us any information about where to find your intimate photos or videos
- do you know them or did you meet them online?
- can you send us links their online profile?

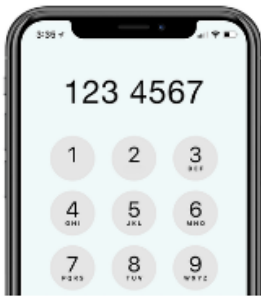


We will give you the best advice we can.



If you have any additional support needs, let us know.

We will do our best to support you.



The helpline phone number is **0345 6000 459**



You can email us at

[help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)

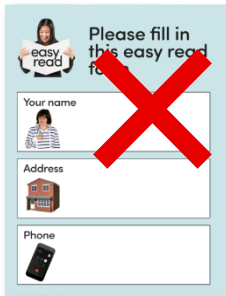


You can send us a message on our Whisper app if you don't want to share your personal information.



The app can send messages or questions and we can reply through the app.

We can call you back during opening hours.



You do not need to give us any of your personal details.

You can also use the chatbot at any time of the day or week.



You can find the chatbot at the bottom right hand side of all of the pages on our website. This helps you to get advice right away.



You can also leave your contact details for someone to get in touch with you the Helpline reopens.